

Services, Inc				Friday 12/1/23
BREAKFAST				
BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula				FORMULA / BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces				FORMULA / BREAST MILK
6 - 11 MONTHS: 0-4 tablespoons				
infant cereal, meat, fish, poultry,				
whole egg, cooked dry beans or cooked				0.474541 450541
dry peas; or 2 ounces of cheese; or 0-4 ounces (volume) cottage cheese; or 0				OATMEAL CEREAL
4 ounces or 1/2 cup yogurt; or a				
combination of the above; and				
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of				BLUEBERRIES
both				
AM SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces		T	T	
breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces				FORMULA / BREAST MILK
breastmilk/formula				FORMULA / BREAST MILK
6 - 11 MONTHS: 0-4 tablespoons				
infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked				
dry peas; or 2 ounces of cheese; or 0-				WHOLE WHEAT CEREAL
4 ounces (volume) cottage cheese; or 0 4 ounces or 1/2 cup yogurt; or a				
combination of the above; and				
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of				BANANA
both				
LUNCH BIRTH - 5 MONTHS: 4-6 Fluid ounces				
breastmilk/formula				FORMULA / BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula				FORMULA / BREAST MILK
6 - 11 MONTHS: 0-4 tablespoons				
infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked				
dry peas; or 2 ounces of cheese; or 0-				MULTI GRAIN CEREAL/INFANT CHICKEN
4 ounces (volume) cottage cheese; or 0				CHICKEN
4 ounces or 1/2 cup yogurt; or a combination of the above; and				
6 - 11 MONTHS: 0-2 tablespoons				CMEET DE 46
vegetable or fruit or a combination of both				SWEET PEAS
PM SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces				
breastmilk/formula				FORMULA / BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula				FORMULA / BREAST MILK
6 - 11 MONTHS: 0-4 tablespoons				
infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked				
dry peas; or 2 ounces of cheese; or 0-				MIXED CEREAL
4 ounces (volume) cottage cheese; or 0 4 ounces or 1/2 cup yogurt; or a				
combination of the above; and				
6 - 11 MONTHS: 0-2 tablespoons				100 FG 1110F
vegetable or fruit or a combination of both				APPLESAUCE
DINNER				
BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula				FORMULA / BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces				FORMULA / BREAST MILK
6 - 11 MONTHS: 0-4 tablespoons				
infant cereal, meat, fish, poultry,				
whole egg, cooked dry beans or cooked				DICE CEDEAL (THE ANIT DEEP
dry peas; or 2 ounces of cheese; or 0-4 ounces (volume) cottage cheese; or 0				RICE CEREAL/INFANT BEEF
4 ounces or 1/2 cup yogurt; or a				
combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons				
vegetable or fruit or a combination of				BLACK BEANS (MASHED)
EVENING SNACK				
BIRTH - 5 MONTHS: 4-6 Fluid ounces				FORMULA / BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces				
breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons				FORMULA / BREAST MILK
infant cereal, meat, fish, poultry,				
whole egg, cooked dry beans or cooked				D 401 D7 4505 41
dry peas; or 2 ounces of cheese; or 0- 4 ounces (volume) cottage cheese; or 0				BARLEY CEREAL
4 ounces or 1/2 cup yogurt; or a				
6 - 11 MONTHS: 0-2 tablespoons				
vegetable or fruit or a combination of				PEACHES
both	I .	Í.	Í.	1



Services, Inc					
205.45.45	Monday 12/4/23	Tuesday 12/5/23	Wednesday 12/6/23	Thursday 12/7/23	Friday 12/8/23
BREAKFAST BIRTH - 5 MONTHS: 4-6 Fluid ounces	FORMULA / RDEACT MILK	FORMULA / BREAST MILK	FORMULA / DREACT MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces	FORMULA / BREAST MILK		FORMULA / BREAST MILK		
breastmilk/formula	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 0-4 tablespoons					
infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked					
dry peas; or 2 ounces of cheese; or 0-	WHOLE WHEAT CEREAL	OATMEAL CEREAL	MULTI GRAIN CEREAL	BARLEY CEREAL	MIXED CEREAL/WHOLE EGG
4 ounces (volume) cottage cheese; or 0					
4 ounces or 1/2 cup yogurt; or a					
combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons					
vegetable or fruit or a combination of	STRAWBERRIES	BLUEBERRIES	BANANA	APRICOT	HASHBROWNS
both					
AM SNACK		T	T-	T	T
BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons	TORMOCA / DREAGT MEEK	TORMODA / BREAST MILER	TORMOLA / DREAD! MILER	TORMODA / DREAGT MIZER	TORMODA / DREAGT MILK
infant cereal, meat, fish, poultry,					
whole egg, cooked dry beans or cooked					
dry peas; or 2 ounces of cheese; or 0-	OATMEAL CEREAL	MULTI GRAIN CEREAL	OATMEAL CEREAL	WHOLE WHEAT CEREAL	MULTI GRAIN CEREAL
4 ounces (volume) cottage cheese; or 0	1				
4 ounces or 1/2 cup yogurt; or a combination of the above; and					
6 - 11 MONTHS: 0-2 tablespoons					
vegetable or fruit or a combination of	TATER TOTS	PEARS	STRAWBERRY	CANTALOUPE	PLUMS
LUNCH			l		
BIRTH - 5 MONTHS: 4-6 Fluid ounces	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces		FORMULA / BREAST MILK			FORMULA / BREAST MILK
breastmilk/formula	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 0-4 tablespoons					
infant cereal, meat, fish, poultry,					
whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0-	RICE CEREAL	BARLEY CEREAL	RICE CEREAL/INFANT CHICKEN	RICE CEREAL	RICE CEREAL/INFANT CHICKEN
4 ounces (volume) cottage cheese; or 0					
4 ounces or 1/2 cup yogurt; or a					
combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons					
vegetable or fruit or a combination of	CREAMED SPINACH	TOMATO BISQUE	BROCCOLI	SWEET POTATO	GREEN BEANS
both					
PM SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces		T	L	I	T
breastmilk/formula	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 0-4 tablespoons					
infant cereal, meat, fish, poultry,					
whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0-	RADI EV CEDEAL	MIXED CEREAL	BARLEY CEREAL	OATMEAL CEREAL	BARLEY CEREAL
4 ounces (volume) cottage cheese; or 0	JANUER SCHENE	MEXICO GENERAL	Dringer Schene	OATMERS SERENS	DANIE OCICA
4 ounces or 1/2 cup yogurt; or a					
combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons					
vegetable or fruit or a combination of	CINNAMON APPLESAUCE	PEACHES	CARROTS	VEGETABLE SOUP	MIXED BERRIES
both					
DINNER		п	1	·	
BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons		The state of the s			
infant cereal, meat, fish, poultry,					
whole egg, cooked dry beans or cooked			WHOLE WHEAT CEREAL/INFANT		WHOLE WHEAT
dry peas; or 2 ounces of cheese; or 0-		RICE CEREAL/INFANT STEAK	BEEF	MIXED CEREAL/INFANT CHICKEN	CEREAL/TEETHING BISCUIT
4 ounces (volume) cottage cheese; or 0 4 ounces or 1/2 cup yogurt; or a					
combination of the above; and					
6 - 11 MONTHS: 0-2 tablespoons	CARROTE	CW/EET DE AC	ZUCCUTNIT	CARRACE	SWEET CORN
vegetable or fruit or a combination of both	CARROIS	SWEET PEAS	ZUCCHINI	CABBAGE	SWCCI COKIN
EVENING SNACK					
BIRTH - 5 MONTHS: 4-6 Fluid ounces	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces	EODMIN A / PDEACT MTIV	EODMIN A / PDEACT HTIP			
breastmilk/formula	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
<ul> <li>6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry,</li> </ul>					
whole egg, cooked dry beans or cooked		WILLIAM SERVICE AT SER	MITVED CEDE AL AVILLOLE MILE:		CATHEAL CEDE AL MARIOLE CONT.
dry peas; or 2 ounces of cheese; or 0-	MULTI GRAIN CEREAL	WHOLE WHEAT CEREAL/ENRICHED GOLDFISH	MIXED CEREAL/WHOLE WHEAT CHEESE CRACKERS	MULTIGRAIN CEREAL	OATMEAL CEREAL/WHOLE WHEA CHEERIOS
4 ounces (volume) cottage cheese; or 0	1	OCLOFISH .	OILLOE URAUNERO		OI ICCRIOS
4 ounces or 1/2 cup yogurt; or a combination of the above; and					
6 - 11 MONTHS: 0-2 tablespoons					
vegetable or fruit or a combination of	PRUNES	PLUMS	KIWI	APPLESAUCE	BANANA
both					



Services, Inc	Monday 12/11/23	Tuesday 12/12/23	Wednesday 12/13/23	Thursday 12/14/23	Friday 12/15/23
BREAKFAST	Monday 12/11/23	Tuesday 12/12/23	Wednesday 12/13/23	Thursday 12/14/23	Friday 12/15/23
BIRTH - 5 MONTHS: 4-6 Fluid ounces	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces					
breastmilk/formula	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
<ul> <li>6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry,</li> </ul>					
whole egg, cooked dry beans or cooked	OATMEAL CEREAL/CREAM OF		MIXED CEREAL/SAUSAGE (CUT		
dry peas; or 2 ounces of cheese; or 0-	WHEAT	WHOLE WHEAT CEREAL	APPROPRIATELY)	MULTI GRAIN CEREAL	BARLEY CEREAL
4 ounces (volume) cottage cheese; or 0 4 ounces or 1/2 cup yogurt; or a			,		
combination of the above; and					
6 - 11 MONTHS: 0-2 tablespoons	DI LIEDEDDIEC	D 4514514	OD ANICE WEDGES	TATER TOTS	ROASTED POTATO WEDGES
vegetable or fruit or a combination of both	DLUEBERRIES	BANANA	ORANGE WEDGES	TATER TOTS	ROASTED POTATO WEDGES
AM SNACK					
BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 0-4 tablespoons					
infant cereal, meat, fish, poultry,					
whole egg, cooked dry beans or cooked					
dry peas; or 2 ounces of cheese; or 0- 4 ounces (volume) cottage cheese; or 0	WHOLE WHEAT CEREAL	MIXED CEREAL	OATMEAL CEREAL	WHOLE WHEAT CEREAL	RICE CEREAL
4 ounces or 1/2 cup yogurt; or a					
combination of the above; and					
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of	PEAR	CINNAMON APPLESAUCE	KIWI	HONEYDEW MELON (MASHED)	PINEAPPLE CRUSHED
both					
LUNCH BIRTH - 5 MONTHS: 4-6 Fluid ounces		Т	Tr	Т	T
breastmilk/formula	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 0-4 tablespoons					
infant cereal, meat, fish, poultry,					
whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0-	DICE CEDEAL (THE ANIT TUDYEY	MULTI GRAIN CEREAL/MULTI	WHOLE WHEAT CEREAL	BARLEY CEREAL	WHOLE WHEAT CEREAL/INFANT
4 ounces (volume) cottage cheese; or 0	RICE CEREAL/INFAINT TORKE	GRAIN ROLL OR INFANT BEEF	WHOLE WHEAT CEREAL	BARLEY CEREAL	TUNA
4 ounces or 1/2 cup yogurt; or a					
combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons					
vegetable or fruit or a combination of	CRISPY KALE	CORN	CARROTS	CHICKEN NOODLE SOUP	SWEET PEAS
PM SNACK					
BIRTH - 5 MONTHS: 4-6 Fluid ounces	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces					
breastmilk/formula	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
<ul><li>6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry,</li></ul>					
whole egg, cooked dry beans or cooked				CATHEAL CEDEAL (ENDICHED	
dry peas; or 2 ounces of cheese; or 0-	BARLEY CEREAL	RICE CEREAL	BARLEY CEREAL	OATMEAL CEREAL/ENRICHED GRAHAM CRACKERS	MIXED CEREAL
4 ounces (volume) cottage cheese; or 0 4 ounces or 1/2 cup yogurt; or a					
combination of the above; and					
6 - 11 MONTHS: 0-2 tablespoons	VECCTE CALCA	DEADC	WATERWELON CLICES	CTD AW/DEDDY D ANIANIA	I II I I I I I I I I I I I I I I I I I
vegetable or fruit or a combination of both	VEGGIE SALSA	PEARS	WATERMELON SLICES	STRAWBERRY BANANA	HUMMUS
DINNER					
BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons					
infant cereal, meat, fish, poultry,					
whole egg, cooked dry beans or cooked	MIVEN SENEAL STATE OF THE SECTION OF	DADLEY CEDEAL (This this pers	DICE CEDE 41	HIVED CEDEAL	MULTI GRAIN CEREAL/INFANT
dry peas; or 2 ounces of cheese; or 0- 4 ounces (volume) cottage cheese; or 0	MIXED CEREAL/INFANT CHICKEN	BARLEY CEREAL/INFANT BEEF	RICE CEREAL	MIXED CEREAL	BEANS
4 ounces or 1/2 cup yogurt; or a					
combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons					
vegetable or fruit or a combination of	PEAS & CARRTS	FRENCH FRIES	MIXED VEGETABLES	COLLARD GREENS	SWEET POTATO FRIES
both			1		
EVENING SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces					
breastmilk/formula	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 0-4 tablespoons					
infant cereal, meat, fish, poultry,					
whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0-	MULTI GRAIN CEREAL/WHOLE	OATMEAL CEREAL	MULTI GRAIN CEREAL	RICE CEREAL	OATMEAL CEREAL
dry peas; or 2 ounces of cheese; or 0- 4 ounces (volume) cottage cheese; or 0	WHEAT TEETHING BUSCIUT				
4 ounces or 1/2 cup yogurt; or a combination of the above; and					
6 - 11 MONTHS: 0-2 tablespoons					
vegetable or fruit or a combination of	ROASTED CHICKPEAS	PRUNES	BLUEBERRY APPLE	STRAWBERRY PEAR	APPLES
both		1	1	1	1



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BREAKFAST	Monday 12/18/23	Tuesday 12/19/23	Wednesday 12/20/23	Thursday 12/21/23	Friday 12/22/23
BIRTH - 5 MONTHS: 4-6 Fluid ounces	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces					
breastmilk/formula	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
<ul> <li>6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry,</li> </ul>					
whole egg, cooked dry beans or cooked					
dry peas; or 2 ounces of cheese; or 0-		WHOLE WHEAT CEREAL	WHOLE WHEAT CEREAL	MULTI GRAIN CEREAL	RICE CEREAL
4 ounces (volume) cottage cheese; or 0 4 ounces or 1/2 cup yogurt; or a					
combination of the above; and					
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of	DASPREDDTES	PEACHES	TROPICAL FRUIT SALAD	HASH BROWN	BANANA
both	NAOI DERRIES	TEACHES	TROTICAL TROIT SALAD	THOST DOWN	DAINAINA
AM SNACK		T	T		1
BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 0-4 tablespoons					
infant cereal, meat, fish, poultry,					
whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0-	MULTI GRAIN CEREAL	BARLEY CEREAL	OATMEAL CEREAL/EGG	MIXED CEREAL	MULTI GRAIN CEREAL
4 ounces (volume) cottage cheese; or 0		Dritter Schenb	OXTMEND SEREND, COS	meneo ochero	mod 12 okt 211 och 212
4 ounces or 1/2 cup yogurt; or a					
combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons					
vegetable or fruit or a combination of	STRAWBERRY & BANANA	PEAR	APPLESAUCE	APRICOTS	RASPBERRIES
LUNCH			1		l
BIRTH - 5 MONTHS: 4-6 Fluid ounces	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	EODMIN A / DDEACT MIN	FORMULA / PREAST HTV
breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
breastmilk/formula	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 0-4 tablespoons					
infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked					
dry peas; or 2 ounces of cheese; or 0-	MIXED CEREAL/INFANT CHICKEN	RICE CEREAL	MULTI GRAIN	BARLEY CEREAL/INFANT CHICKEN	MIXED CEREAL
4 ounces (volume) cottage cheese; or 0 4 ounces or 1/2 cup yogurt; or a					
combination of the above; and					
6 - 11 MONTHS: 0-2 tablespoons	DO LETTE ALLET CHIEF	SWEET CODY	A ADDOTE	BROCCOLI	AOUL AND COFFNIC
vegetable or fruit or a combination of both	ROASTED CAULIFLOWER	SWEET CORN	CARROTS	BRUCCULI	COLLARD GREENS
PM SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces		T	T		Г
breastmilk/formula	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 0-4 tablespoons					
infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked					
dry peas; or 2 ounces of cheese; or 0-	WHOLE WHEAT CEREAL/WHOLE	MIXED CEREAL	RICE CEREAL/TEETHING BISCUIT	OATMEAL CEREAL/TEETHING	BARLEY CEREAL/WHOLE GRAIN
4 ounces (volume) cottage cheese; or 0	WHEAT GOLDFISH			BISCUIT	CHEESE-ITS
4 ounces or 1/2 cup yogurt; or a combination of the above; and					
6 - 11 MONTHS: 0-2 tablespoons					
vegetable or fruit or a combination of					
both	TOMATO Bisque	BLUEBERRY PEARS	CANTALOUPE	TROPICAL FRUIT SALAD	APPLE SLICES
both DINNER		BLUEBERRY PEARS	CANTALOUPE	TROPICAL FRUIT SALAD	APPLE SLICES
DINNER BIRTH - 5 MONTHS: 4-6 Fluid ounces		BLUEBERRY PEARS  FORMULA / BREAST MILK		TROPICAL FRUIT SALAD FORMULA / BREAST MILK	APPLE SLICES FORMULA / BREAST MILK
DINNER BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
DINNER BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula	·				
DINNER BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
DINNER BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked	FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK
DINNER BIRTH - 5 MONTHS: 4- Fluid ounces breastmill/formula 6 - 11 MONTHS: 6-8 Fluid ounces breastmill/formula 6 - 11 MONTHS: 0-4 toblespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0-	FORMULA / BREAST MILK FORMULA / BREAST MILK RICE CEREAL	FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK WHO! F WHEAT CEREA!	FORMULA / BREAST MILK FORMULA / BREAST MILK
DINNER BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmill/formula 6 - 11 MONTHS: 6-8 Fluid ounces breastmill/formula 6 - 11 MONTHS: 0-4 tablespoors infant cered, meat, fish, poultry, whole egg, cooked dry bears or cooked dry peas; or 2 ounces of cheese; or 0 4 ounces (volume) cottage cheese; or 0 4 ounces or 1/2 cup yoggurt; or a	FORMULA / BREAST MILK FORMULA / BREAST MILK RICE CEREAL	FORMULA / BREAST MILK FORMULA / BREAST MILK MULTI GRAIN CEREAL/INFANT	FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK WHO! F WHEAT CEREA!	FORMULA / BREAST MILK FORMULA / BREAST MILK OATMEAL CEREAL/INFANT
DINNER BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmill/formula 6 - 11 MONTHS: 6-8 Fluid ounces breastmill/formula 6 - 11 MONTHS: 0-4 trablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0 4 ounces (volume) cottage cheese; or 0 4 ounces or 1/2 cup yogurt; or a combination of the above; and	FORMULA / BREAST MILK FORMULA / BREAST MILK RICE CEREAL	FORMULA / BREAST MILK FORMULA / BREAST MILK MULTI GRAIN CEREAL/INFANT	FORMULA / BREAST MILK FORMULA / BREAST MILK BARLEY CEREAL/CHEDDAR CHEESE	FORMULA / BREAST MILK FORMULA / BREAST MILK WHO! F WHEAT CEREA!	FORMULA / BREAST MILK FORMULA / BREAST MILK OATMEAL CEREAL/INFANT
DINNER BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmill/formula 6 - 11 MONTHS: 6-8 Fluid ounces breastmill/formula 6 - 11 MONTHS: 0-4 tablespoors infant cered, meat, fish, poultry, whole egg, cooked dry bears or cooked dry peas; or 2 ounces of cheese; or 0 4 ounces (volume) cottage cheese; or 0 4 ounces or 1/2 cup yoggurt; or a	FORMULA / BREAST MILK FORMULA / BREAST MILK RICE CEREAL	FORMULA / BREAST MILK FORMULA / BREAST MILK MULTI GRAIN CEREAL/INFANT	FORMULA / BREAST MILK FORMULA / BREAST MILK  BARLEY CEREAL/CHEDDAR CHEESE  APRICOT/BRUSSEL SPROUTS	FORMULA / BREAST MILK FORMULA / BREAST MILK WHO! F WHEAT CEREA!	FORMULA / BREAST MILK FORMULA / BREAST MILK OATMEAL CEREAL/INFANT
DINNER BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmill/formula 6 : 11 MONTHS: 6-8 Fluid ounces breastmill/formula 6 : 11 MONTHS: 6-8 Fluid ounces breastmill/formula 6 : 11 MONTHS: 0-4 toblespoors infant cereal, meat, fish, poultry, whole egg, cooked dry bears or cooked dry peas; or 2 ounces of cheese; or 0 4 ounces (volume) cottage cheese; or 0 4 ounces on 1/2 cup yogurt; or a combination of the above; and 6 : 11 MONTHS: 0-2 toblespoors vegetable or fruit or a combination of both	FORMULA / BREAST MILK FORMULA / BREAST MILK RICE CEREAL	FORMULA / BREAST MILK FORMULA / BREAST MILK MULTI GRAIN CEREAL/INFANT CHICKEN	FORMULA / BREAST MILK FORMULA / BREAST MILK BARLEY CEREAL/CHEDDAR CHEESE	FORMULA / BREAST MILK FORMULA / BREAST MILK WHOLE WHEAT CEREAL	FORMULA / BREAST MILK FORMULA / BREAST MILK  OATMEAL CEREAL/INFANT CHICKEN
DINNER BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmill/formula 6 - 11 MONTHS: 6-8 Fluid ounces breastmill/formula 6 - 11 MONTHS: 0-4 tablespoons infant cered, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0-4 ounces or 12/2 cup yogart, or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of	FORMULA / BREAST MILK FORMULA / BREAST MILK  RICE CEREAL  BROCCOLI	FORMULA / BREAST MILK  FORMULA / BREAST MILK  MULTI GRAIN CEREAL/INFANT CHICKEN  SWEET PEAS & CARROTS	FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL/CHEDDAR CHEESE  APRICOT/BRUSSEL SPROUTS (SOFT)	FORMULA / BREAST MILK FORMULA / BREAST MILK WHOLE WHEAT CEREAL SWEET POTATO FRIES	FORMULA / BREAST MILK FORMULA / BREAST MILK  OATMEAL CEREAL/INFANT CHICKEN  KALE SALAD
DINNER BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilit/formula 6 - 11 MONTHS: 6-8 Fluid ounces breastmilit/formula 6 - 11 MONTHS: 0-4 Toblespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0 4 ounces (volume) cottage cheese; or 0 4 ounces or 1/2 cup yegert; or a combination of the above; and 6 - 11 MONTHS: 0-2 toblespoons vegetable or fruit or a combination of both EVENING SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilit/formula	FORMULA / BREAST MILK FORMULA / BREAST MILK  RICE CEREAL  BROCCOLI  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  MULTI GRAIN CEREAL/INFANT CHICKEN  SWEET PEAS & CARROTS  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL/CHEDDAR CHEESE  APRICOT/BRUSSEL SPROUTS (SOFT)  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  WHOLE WHEAT CEREAL  SWEET POTATO FRIES  FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK  OATMEAL CEREAL/INFANT CHICKEN  KALE SALAD  FORMULA / BREAST MILK
DINNER BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 trablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0 4 ounces (volune) cottage cheese; or 0 4 ounces for live contage cheese; or 0 4 ounces or 1/2 cup yogurt; or a combination of the dove; and 6 - 11 MONTHS: 0-2 trablespoons vegetable or fruit or a combination of both EVENIING SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 4-6 Fluid ounces breastmilk/formula	FORMULA / BREAST MILK FORMULA / BREAST MILK  RICE CEREAL  BROCCOLI	FORMULA / BREAST MILK  FORMULA / BREAST MILK  MULTI GRAIN CEREAL/INFANT CHICKEN  SWEET PEAS & CARROTS	FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL/CHEDDAR CHEESE  APRICOT/BRUSSEL SPROUTS (SOFT)  FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK WHOLE WHEAT CEREAL SWEET POTATO FRIES	FORMULA / BREAST MILK FORMULA / BREAST MILK  OATMEAL CEREAL/INFANT CHICKEN  KALE SALAD
DINNER BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilly formula 6 - 11 MONTHS: 6-8 Fluid ounces breastmilly formula 6 - 11 MONTHS: 0-4 tablespoons infant cered, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0- 4 ounces (volume) cottage cheese; or 0- 4 ounces (volume) cottage cheese; or 0- 4 ounces or 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both EVENIENG SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilly formula 6 - 11 MONTHS: 0-4 tablespoons	FORMULA / BREAST MILK FORMULA / BREAST MILK  RICE CEREAL  BROCCOLI  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  MULTI GRAIN CEREAL/INFANT CHICKEN  SWEET PEAS & CARROTS  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL/CHEDDAR CHEESE  APRICOT/BRUSSEL SPROUTS (SOFT)  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  WHOLE WHEAT CEREAL  SWEET POTATO FRIES  FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK  OATMEAL CEREAL/INFANT CHICKEN  KALE SALAD  FORMULA / BREAST MILK
DINNER BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 trablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0 4 ounces (volune) cottage cheese; or 0 4 ounces for live contage cheese; or 0 4 ounces or 1/2 cup yogurt; or a combination of the dove; and 6 - 11 MONTHS: 0-2 trablespoons vegetable or fruit or a combination of both EVENIING SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 4-6 Fluid ounces breastmilk/formula	FORMULA / BREAST MILK  FORMULA / BREAST MILK  RICE CEREAL  BROCCOLI  FORMULA / BREAST MILK  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  MULTI GRAIN CEREAL/INFANT CHICKEN  SWEET PEAS & CARROTS  FORMULA / BREAST MILK  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL/CHEDDAR CHEESE  APRICOT/BRUSSEL SPROUTS (SOFT)  FORMULA / BREAST MILK  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  WHOLE WHEAT CEREAL  SWEET POTATO FRIES  FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK  OATMEAL CEREAL/INFANT CHICKEN  KALE SALAD  FORMULA / BREAST MILK
DINNER BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 troblespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0 4 ounces (volune) cotrage cheese; or 0 4 ounces for 1/2 cup yogurt; or a combination of the above; and 6 - 11 MONTHS: 0-2 troblespoons vegetable or fruit or a combination of both FVENITMG SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 4-6 Fluid ounces breastmilk/formula 6 - 11 MONTHS: 0-4 troblespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked	FORMULA / BREAST MILK  FORMULA / BREAST MILK  RICE CEREAL  BROCCOLI  FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL/TEETHING	FORMULA / BREAST MILK  FORMULA / BREAST MILK  MULTI GRAIN CEREAL/INFANT CHICKEN  SWEET PEAS & CARROTS  FORMULA / BREAST MILK  FORMULA / BREAST MILK  OATMEAL CEREAL/ANIMAL	FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL/CHEDDAR CHEESE  APRICOT/BRUSSEL SPROUTS (SOFT)  FORMULA / BREAST MILK  FORMULA / BREAST MILK  MIXED CEREAL/ENRICHED	FORMULA / BREAST MILK  FORMULA / BREAST MILK  WHOLE WHEAT CEREAL  SWEET POTATO FRIES  FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK  OATMEAL CEREAL/INFANT CHICKEN  KALE SALAD  FORMULA / BREAST MILK
DINNER BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmill/formula 6 - 11 MONTHS: 6-8 Fluid ounces breastmill/formula 6 - 11 MONTHS: 6-8 Fluid ounces breastmill/formula 6 - 11 MONTHS: 0-4 troblespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0 4 ounces for 1/2 cuty pogent; or a 4 ounces or 1/2 cuty pogent; or a 5 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both EVENING SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmill/formula 6 - 11 MONTHS: 0-4 Thale spoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0 4 ounces (volume) cortage cheeses; or 0 4 ounces (volume) cortage cheeses; or 0	FORMULA / BREAST MILK  FORMULA / BREAST MILK  RICE CEREAL  BROCCOLI  FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL/TEETHING	FORMULA / BREAST MILK  FORMULA / BREAST MILK  MULTI GRAIN CEREAL/INFANT CHICKEN  SWEET PEAS & CARROTS  FORMULA / BREAST MILK  FORMULA / BREAST MILK	FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL/CHEDDAR CHEESE  APRICOT/BRUSSEL SPROUTS (SOFT)  FORMULA / BREAST MILK  FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK WHOLE WHEAT CEREAL SWEET POTATO FRIES FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK  OATMEAL CEREAL/INFANT CHICKEN  KALE SALAD  FORMULA / BREAST MILK FORMULA / BREAST MILK
DINNER BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmill/formula 6 - 11 MONTHS: 6-8 Fluid ounces breastmill/formula 6 - 11 MONTHS: 0-4 Fluid ounces breastmill/formula 6 - 11 MONTHS: 0-4 toblespoons infant cereal, meat, fish, poultry, whole egg, cooked dry bears or cooked dry peas; or 2 ounces of cheese; or 0 4 ounces (volune) cotrage cheese; or 0 4 ounces or 1/2 cup yogart, or a combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both EVENIDG SNACK BIRTH - 9 MONTHS: 4-6 Fluid ounces breastmill/formula 6 - 11 MONTHS: 0-8 Fluid ounces breastmill/formula 6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese; or 0 4 ounces (volume) cottage cheese; or 0 4 ounces or 1/2 cup yogart; or a combination of the above; and	FORMULA / BREAST MILK  FORMULA / BREAST MILK  RICE CEREAL  BROCCOLI  FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL/TEETHING	FORMULA / BREAST MILK  FORMULA / BREAST MILK  MULTI GRAIN CEREAL/INFANT CHICKEN  SWEET PEAS & CARROTS  FORMULA / BREAST MILK  FORMULA / BREAST MILK  OATMEAL CEREAL/ANIMAL	FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL/CHEDDAR CHEESE  APRICOT/BRUSSEL SPROUTS (SOFT)  FORMULA / BREAST MILK  FORMULA / BREAST MILK  MIXED CEREAL/ENRICHED	FORMULA / BREAST MILK FORMULA / BREAST MILK WHOLE WHEAT CEREAL SWEET POTATO FRIES FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK  OATMEAL CEREAL/INFANT CHICKEN  KALE SALAD  FORMULA / BREAST MILK FORMULA / BREAST MILK
DINNER BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmill/formula 6 - 11 MONTHS: 0-8 Fluid ounces breastmill/formula 6 - 11 MONTHS: 0-8 Fluid ounces breastmill/formula 6 - 11 MONTHS: 0-4 tablespoons infant cered, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese: or 0- 4 ounces (volume) cottage cheese: or 0- 4 ounces (volume) cottage cheese: or 0- 6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of both EVENING SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmill/formula 6 - 11 MONTHS: 0-4 tablespoons infant cered, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 2 ounces of cheese: or 0- 4 ounces (volume) cottage cheese: or 0- 4 ounces or 1/2 cup yoggurt; or a 4 ounces or 1/2 cup yoggurt; or a	FORMULA / BREAST MILK  FORMULA / BREAST MILK  RICE CEREAL  BROCCOLI  FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL/TEETHING  BISCUIT	FORMULA / BREAST MILK  FORMULA / BREAST MILK  MULTI GRAIN CEREAL/INFANT CHICKEN  SWEET PEAS & CARROTS  FORMULA / BREAST MILK  FORMULA / BREAST MILK  OATMEAL CEREAL/ANIMAL	FORMULA / BREAST MILK  FORMULA / BREAST MILK  BARLEY CEREAL/CHEDDAR CHEESE  APRICOT/BRUSSEL SPROUTS (SOFT)  FORMULA / BREAST MILK  FORMULA / BREAST MILK  MIXED CEREAL/ENRICHED	FORMULA / BREAST MILK FORMULA / BREAST MILK WHOLE WHEAT CEREAL SWEET POTATO FRIES FORMULA / BREAST MILK FORMULA / BREAST MILK	FORMULA / BREAST MILK FORMULA / BREAST MILK  OATMEAL CEREAL/INFANT CHICKEN  KALE SALAD  FORMULA / BREAST MILK FORMULA / BREAST MILK



BREAKFAST	Monday 12/25/23	Tuesday 12/26/23	Wednesday 12/27/23	Thursday 12/28/23	Friday 12/29/23
BIRTH - 5 MONTHS: 4-6 Fluid ounces	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces					
breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
infant cereal, meat, fish, poultry,					
whole egg, cooked dry beans or cooked					
dry peas; or 2 ounces of cheese; or 0- 4 ounces (volume) cottage cheese; or 0	OATMEAL CEREAL	MULTI GRAIN CEREAL	WHOLE WHEAT CEREAL	MIXED CEREAL	RICE CEREAL
4 ounces or 1/2 cup yogurt; or a					
combination of the above; and					
<ul> <li>6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of</li> </ul>	BANANA	KIWI	BLUEBERRIES	APPLE SLICES	ORANGES
both Chia Gir					
AM SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces		I	T		T
breastmilk/formula	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces breastmilk/formula	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 0-4 tablespoons					
infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked					
dry peas; or 2 ounces of cheese; or 0-	WHOLE WHEAT CEREAL	OATMEAL CEREAL/EGG	MIXED CEREAL	MULTI GRAIN CEREAL	BARLEY CEREAL
4 ounces (volume) cottage cheese; or 0	•				
4 ounces or 1/2 cup yogurt; or a combination of the above; and					
6 - 11 MONTHS: 0-2 tablespoons					
vegetable or fruit or a combination of both	APPLESAUCE	BLUEBERRIES	HONEYDEW MELON	PRUNES	FRUIT SALAD
LUNCH		1			•
BIRTH - 5 MONTHS: 4-6 Fluid ounces	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces			_		
breastmilk/formula	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
<ul> <li>6 - 11 MONTHS: 0-4 tablespoons infant cereal, meat, fish, poultry,</li> </ul>					
whole egg, cooked dry beans or cooked					
dry peas; or 2 ounces of cheese; or 0- 4 ounces (volume) cottage cheese; or 0	MIXED CEREAL/INFANT HAM	RICE CEREAL/INFANT CHICKEN	MULTI GRAIN CEREAL	RICE CEREAL	OATMEAL CEREAL/INFANT TUN
4 ounces or 1/2 cup yogurt; or a					
combination of the above; and					
6 - 11 MONTHS: 0-2 tablespoons vegetable or fruit or a combination of	SWEET PEAS	ROASTED BRUSSEL SPROUTS	BAKED BEANS	BLACK BEANS	MIXED VEGETABLES
both		(SOFT)			
PM SNACK BIRTH - 5 MONTHS: 4-6 Fluid ounces		I	T		
breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
breastmilk/formula	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 0-4 tablespoons					
infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked					
dry peas; or 2 ounces of cheese; or 0-	MULTI GRAIN CEREAL	WHOLE WHEAT CEREAL	OATMEAL CEREAL	BARLEY CEREAL	MIXED CEREAL
4 ounces (volume) cottage cheese; or 0	1				
4 ounces or 1/2 cup yogurt; or a combination of the above; and					
6 - 11 MONTHS: 0-2 tablespoons					
vegetable or fruit or a combination of both	PEARS	CARROTS	APPLE SLICES	HUMMUS	PEACHES
DINNER					
BIRTH - 5 MONTHS: 4-6 Fluid ounces breastmilk/formula	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 6-8 Fluid ounces	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
breastmilk/formula 6 - 11 MONTHS: 0-4 tablespoons					
infant cereal, meat, fish, poultry,					
whole egg, cooked dry beans or cooked	DADIEV CEDEAL (THE ANT 1144)	MITVED CEDEAL /TAIE ANT ETC.	DICE CEDEAL (THE ANIT DEEE	WHOLE WHEAT CENEAL	MULTI GRAIN CEREAL/INFANT
dry peas; or 2 ounces of cheese; or 0- 4 ounces (volume) cottage cheese; or 0	BARLEY CEREAL/INFANT HAM	MIXED CEREAL/INFANT FISH	RICE CEREAL/INFANT BEEF	WHOLE WHEAT CEREAL	TURKEY
4 ounces or 1/2 cup yogurt; or a					
combination of the above; and 6 - 11 MONTHS: 0-2 tablespoons				+	
vegetable or fruit or a combination of	ZUCCHINI	PEACHES	SWEET ACORN SQUASH	CREAMED SPINACH	SWEET PEAS
EVENING SNACK		1			
BIRTH - 5 MONTHS: 4-6 Fluid ounces	FORMULA / BREAST MILK	FORMULA / RDEACT MITIE	FORMULA / RDEACT MTI V	FORMULA / RDEACT MILL	FORMULA / RDEACT MILV
breastmilk/formula 6 - 11 MONTHS: 6-8 Fluid ounces		FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
breastmilk/formula	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK	FORMULA / BREAST MILK
6 - 11 MONTHS: 0-4 tablespoons					
infant cereal, meat, fish, poultry, whole egg, cooked dry beans or cooked					
	RICE CEREAL/TEETHING BISCUIT	BARLEY CEREAL	BARLEY CEREAL	OATMEAL CEREAL	WHOLE WHEAT CEREAL
			1	1	
4 ounces (volume) cottage cheese; or 0	1				
4 ounces (volume) cottage cheese; or 0 4 ounces or 1/2 cup yogurt; or a combination of the above; and	•				
4 ounces (volume) cottage cheese; or 0 4 ounces or 1/2 cup yogurt; or a	D73 15 1001 5	CHICKEN NOODLE SOUP	PEARS	ROASTED TOMATO BISQUE	APRICOTS